

# Programs and Activities

## Newmarket Recreation Website

### Programs & Activities

In providing a recreation outlet to our customers, our goal here at Newmarket Recreation is to offer a variety of introductory courses that allow all individuals the opportunity to be exposed to new leisure experiences. In doing this, we strive to create an inclusive recreational culture that works for all members of the community, regardless of differences or background.

#### Kiddie Korner

##### Silly Slides... Toddler/Preschool Open Gym

Yippee, Yahoo, & Wee for all your active young ones! Newmarket Recreation is offering a safe, warm and convenient place to take your little tikes (ages up to 5 yrs) during the wintertime where they can run and play to their hearts content on a variety of age appropriate props, mats and toys! Note: A parent/guardian must remain onsite.

Who: Up to 5 years

When: Fridays, 12pm - 1pm

Open: Starts February 8 - March 28

Cost: \$3 /child - \$2 / additional child within same family.

##### The Littliest "Rec"tiles Peek-A-Book Playtime

We are happy to introduce the newest edition to our Little "Rec"tile lineup of classes! This Peek-A-Book class, taught by our playgroup instructor, Rhonda Karol, is sure to get your youngest children in the mood to listen, play & participate! This quick parent & child/ren playtime class will feature a different book each week followed by creative theme movements, songs and dances. This is a perfect step-up class before entering our Little "Rec" tile Playgroup class.

Who: 1 year on up to 5 years old

parent/guardian & child/ren class

When: Wednesdays,

Winter Session 1 Feb. 6 - March 19

Spring Session 2 April 2 - May 14

No classes on 2/27 and 4/30

9:15am-9:45am

Cost: \$25 / per child

(classes offered in 6 week sessions)

##### Little "Rec"tiles Preschool Playgroup

Yes, there is still room in both classes that all the parents rave about and our Preschool Teacher, Rhonda Karol, couldn't be happier meeting and playing with all the Little "Rec"tile children. This socialization class is a perfect opportunity for young children to learn how to interact with each other while doing a variety of activities including: Arts and Crafts, Storytime and of course, plenty of Playtime with their friends. A perfect step-up class before entering kindergarten. See prices and age categories below. The class follows the regular school 2007/2008 calendar and will end in early June.

Who: 3 - 5 year olds

When: Daily classes are held between 10am-12pm

Breakdown: 3 - 4 yr olds Tues/Thurs \$25/ week

4 - 5 yr olds Mon/Wed/Fri \$35/week

4 yr olds may sign up for all 5 days \$50 /week

(sign up & payment is due mthly)

Registration is cut off when both classes are full.

##### "It's a Start Smart" Preschool Sports

Start your little one (3 - 5 years old) off the smart way by introducing them to our very popular Preschool Sports Program. A perfect opportunity to expose your preschooler to a variety of different sports where very basic skills are taught, and lots of fun is always guaranteed! A parent/guardian must remain onsite. In some activities we encourage both parent and preschooler participation, but it is not required.

**Polo Ball (like hockey indoors)**

Wednesday 10:15am-11:00am 3/12 - 4/9

Wednesday 1pm-1:45pm 3/12 - 4/9

**T-Ball**

Wednesday 10am- 10:45am 5/7 - 6/4

Wednesday 1pm -1:45pm 5/7 - 6/4

Bad weather dates may not be the same day as class.

Cost: \$25 / child 5 week sessions

Register ASAP. Time slots fill up quickly.

**Youth Activities****Mad Science NASA**

Explore the Earth, Moon, Mars...and beyond! Mad Science and NASA have teamed up to bring you the excitement and wonder

of space in the NASA Academy of Future Space Explorers After School Program! The Academy of Future Space Explorers takes children on a voyage of discovery. Topics Include: Planets & Moons, Rocket Science, Space Travel, Sun & Stars, Space Technology and Living in Space. With ALL NEW, unique hands-on activities, amazing demonstrations and fun educational take-homes, this is an experience that is truly out of this world!

Who: K - 5th grade

When: Fridays, 3:15 pm - 4:15pm

April 4 - May 16

No class on 5/2

Cost: \$84 / participant - 6 weeks (minimum 15)

Checks or money orders made out to Mad Science. Sorry, no cash registrations, This class is not run by the Newmarket Recreation Department.

Register by March 21

**Hip Hop Dance Class**

This class is canceled until further notice!

**Beginning Ballet Classes**

Creative Dance: will be held 4:30pm - 5:15pm for 4 - 6 year olds. Children will learn basic locomotor skills, musicality, and begin learning to dance and learn with others, as well as be introduced to ballet vocabulary.

Pre Ballet: will be held 5:15pm - 6:15pm for 7 - 9 year olds Children will also learn ballet vocabulary and will be introduced to the basic ballet positions and dance steps.

Instructor: Alexis Brown has been dancing many years and is the former teacher of Pre-Ballet at Ballet N.E. This will be Alexis's 4th year teaching for Newmarket Recreation.

When: Fridays, February 1 - March 28

No class on 2/29

Cost: \$52 / child / 8 week sessions

Register by January 30th

**T-Ball for 5 and 6 Year Olds**

Newmarket Recreation is on the ball again with T-Ball. The children will be taught the basics of baseball in T-ball format. The children will be playing at Leo Landroche field and on the Housing Authority field, but will meet at the Community Center. Participants will get a t-shirt & hat. Recruiting Coaches: Due to the amount of time and numbers of participants,

we are again looking for adults to assist in coaching with a t-ball team this season. Please call Jim Hilton if you are interested.

Who: Newmarket 5 and 6 year olds only

Child must be 5 yrs old by 4/30 to play.

When: Wednesdays, 5:30pm - 6:30pm for

6 weeks, May 7 - June 11

Cost: \$35 / child (includes team hat and shirt)

To guarantee your child receiving a t-shirt you must register your child by April 16th.

Red Cross Baby Sitting Certification Clinic:

Attention all 11 to 15 year olds. Do any of your neighbors or relatives ask you to baby-sit? Would you know what to do in an emergency? Newmarket Recreation is once again offering this course to become a certified Red Cross baby-sitter.

This 9 hour course will be taught over 5 days. If you are interested, please register at the Newmarket Community Center.

Instructor: Assistant Recreation Director Aimee Gigandet has been teaching this class for over 10 years.

Who: Responsible 11 + year olds

When: Monday - Friday, 3:00 pm - 4:45pm

April 7 - 11

Cost: \$50 / participant

(includes a baby-sitters' First Aid Kit)

Register by March 21 (minimum 6, maximum 10)

Martial Arts For All Ages

Join Sharon, Josh, and Kristen Ingraham in their 8th year with the Newmarket Blackbelt Academy Program for an invigorating, intense, and exciting family Martial Arts experience. The classes have people from all age groups 4 years old to over fifty years old, so you are not too old to start. Classes begin with an eight week introductory package that includes eight lessons, a uniform and first belt all for \$129. Thereafter it is \$59 /month for the ongoing classes for all belts.

Who: Ages: 4 yrs - 6yrs 1/2 hour class

7+ years - adult, 5:30pm - 6:30pm

When: Thursday nights for all classes

Where: Newmarket Community Center

Cost: \$129 for intro package (includes uniform)

- then \$59 /month

Register any Thursday of any month at 5:30 p.m. Note: This is not a Newmarket Recreation Department program.

Hershey Track and field

**RUN, JUMP, REACH FOR YOUR BEST!**

Every year hundreds of thousands of kids line up for Hershey's Track and Field Games. Newmarket Recreation is looking to recruit local Newmarket kids ages 9-14 to participate in Hershey's Track & Field in this year's games. Now in its 30th year, the Hershey Youth Program has been hosting Hershey's Track & Field Games as an exciting and memorable track and field event to promote active lifestyles, sportsmanship and to provide an opportunity for kids to be the best that they can be. Track practices will begin at the end of May 2008 for two days a week at Leo Landroche Field and at the UNH Track in Durham; one day for track and one day for field.

Track Events

50 - Meter Dash

100 - Meter Dash

200 - Meter Dash

400 - Meter Dash

800 - Meter Run

1600 - Meter Run

4 x 100 - Meter Relay

Field Events: Standing Long Jump and the Softball Throw

The Hershey Company provides national funding for the program. Partners include the National Recreation and Park

Association (NRPA), USA Track & Field, and Athletics Canada. Hershey's Track & Field Games is the largest youth sports program of its kind with over 400,000 children participating in the program yearly, representing over 3,000 communities across the country.

Cost is FREE! (\$15 for a team tee shirt is optional) Contact Jim Hilton, Newmarket Recreation Director, for questions. Please come to the Newmarket Community Center to pre-register for this exciting program.

#### Lacrosse for Grades 3 & 4 and Grades 5 & 6

Our six week lacrosse programs will introduce players to the exciting game of lacrosse and help young players develop new individual skills - from stick handling to shooting to defending. Participants will develop a greater understanding of team play in this game, learning the concepts, moves, and basic skills to help make them work as a team. The lacrosse balls that will be used are a softer ball than the traditional lacrosse ball. These six weeks are designed to give young athletes the opportunity to learn a new sport and improve in a fun, positive atmosphere.

For Grade 3 & 4 only - The Newmarket Recreation Department will transport your child from the Newmarket Elementary after school to the community Center.

For Grade 5 & 6 only - This age bracket will introduce light contact and children are required to have lacrosse gloves and stick.

Grades 3 & 4 Thurs., 3pm - 4pm May 1 - June 5

Grades 5 & 6 Thurs, 4pm - 5pm May 1 - June 5

Where Leo Landroche Field

Cost: \$50 / child

Register by April 3 (limited to 20 / age bracket)

#### KID K.A.R.E. - Kids Are Really Excellent After School Enrichment Program for Grades 1-5

The KARE (Kids Are Really Excellent) After School Enrichment Program, conducted by the staff of the Newmarket Blackbelt Academy, will transport your 1st - 5th Graders from their schools to the Recreation Center at the end of the school day. Kids will be given a healthy snack and then participate in an hour class of fun and focused martial arts instruction. Afterwards the staff will assist the students with their homework assignments, followed by structured playing of games and craft activities that round out the afternoon. For questions and to register, please call KARE at 817-4434. Note: children must be enrolled for a minimum of two days per week. Note: This is not a Newmarket Recreation Department program.

Who: 1st through 5th grade

When: Monday thru Friday 2:30pm – 6pm  
(only when school is in session)

Where: Newmarket Community Center

Cost: \$18 /day or \$75 /week

Additional Martial Arts Fees:

\$44 fee for uniform & 1st belt - Payable at Registration

Teen Programs w/ link to [www.clubchameleon.org](http://www.clubchameleon.org)

#### Club Chameleon

Club Chameleon is Newmarket, NH's answer to teen wilderness awareness. It was developed in 2003 after we witnessed 18 Newmarket teens interact with positive role models on what we thought was going to be a one time 3 day / 2 night canoe trip. If one trip could make that much of a difference in 18 youths lives. we wondered what 12 trips per year could do. It was at that moment we knew we had to research this possibility; the possibility of creating a program that would make similar differences for more than just 18 teens. To date, Club Chameleon has over 150 teens registered in this non-profit program.

Each month Club Chameleon runs a different outdoor weekend experience for approximately 20 teens and 10 staff for a 3-day 2-night adventure. We understand that the various wilderness adventures aspect may initially attract new teens to join the program, but we have proven time and time again that it is the friends they make and the confidence they build on each trip that keeps them coming back.

If you would like more detailed information about his amazing program, we welcome you to our Club Chameleon website. [www.clubchamelon.org](http://www.clubchamelon.org).

Feel free to browse the site and personally witness by way of the many photos, our video presentation, or from the many positive parents and teens comments, to what we have discovered in this unique program. That is, we're not only exposing children to new outdoor adventures, but were also Making a Difference in their young lives and hearts. We've discovered a program that works with today's pre-teens & teens. They own it!

Calendar of Chameleon Spring Events

"Teen Talk" meets every Monday Night from 6:30-7:30 at the Community Center

Club Chameleon is adding another piece to the program. There are a lot of trials and tribulations involved in being a teenager, whether it is friend issues, school, or other problems in their world, its nice to have a little support. The new program is called "Teen Talk" where kids will have a chance to get together and talk as a group about the stresses of everyday life. Chameleons are always talking about helping others, so you will have a chance to work on some issues that are important to you. We will be approaching the school to partner with us and have the kids promote best practices

in life to other teens. We are really excited about this new part of our program! This program will be fun, not lectures, and there will be food and door prizes!

#### Hilton Winn Auction and Fundraiser April 5th at 7:00 PM

If you have been a part of helping at the Hilton Winn Farm and would like to go to this event, Club Chameleon Staff will be taking members to Andover to take part in their Fundraising night. This event will consist of an auction, and a sit down dinner. Please call us if you are interested in joining us.

#### Volunteers Needed Great Bay Half Marathon April 6th

Club Chameleon will be once again volunteering for this marathon by running water stops, shuttling runners back and forth, running the goo station and other tasks. If you are available to help, please give us a call.

#### Candidates Night Bake Sale May 6th at 7:00 PM

Club Chameleon needs volunteers to run the bake sale that night and people to bake goods for this event. If you can help us please give us a call.

#### Earth Day Celebration May 17th

Club Chameleon will be involved in a "Green Event" along with the school. We will be helping to run the celebration that will feature vendors, speakers and features. More information to come. If you are available to help please give us a call.

#### General Programming & Fitness

##### Martial Arts For All Ages

Join Sharon, Josh, and Kristen Ingraham in their 8th year with the Newmarket Black belt Academy Program for an invigorating, intense, and exciting family Martial Arts experience. The classes have people from all age groups 4 years old to over fifty years old, so you are not too old to start. Classes begin with an eight-week introductory package that includes eight lessons, a uniform and first belt all for \$129. Thereafter it is \$59 /month for the ongoing classes for all belts. Note: this is not a Newmarket Recreation Department program.

Who: Ages: 4 yrs - 6yrs 1/2 hour class

7+ years - adult, 5:30pm - 6:30pm

When: Thursday nights for all classes

Where: Newmarket Community Center

Cost: \$129 for intro package (includes uniform)

- then \$59 /month

Register any Thursday of any month at 5:30 p.m.

##### Beginner Ballroom Dancing

Ballroom dancing is back! Be a part of the revival of ballroom dancing brought about by the hit TV series, Dancing with the Stars! If you have no ballroom dancing experience, or can't remember those steps learned long ago, this course is for you. Over the five week class, participants will learn the basic steps of five ballroom dances: foxtrot, rumba, waltz, cha cha,

and east coast swing. Each class will

begin with a dance review, followed

by a new dance step each week. Dancers will be introduced to music to accompany their steps, and will be encouraged to practice between classes. Bring a partner!

Instructor: Patti Blanchette, of Newmarket, both instructs and continues to take Ballroom Dancing with Bob Yergeau at the Rockingham Ballroom.

When: Monday, - 6:00pm to 7:00pm

March 10 - April 7

Cost: \$40 / per person (5 weeks)

Register by: March 7

Checks of money orders made out to Patti Blanchette. Sorry, no cash registrations, This class is not run by Newmarket Recreation Department staffing.

##### Newmarket Rec's Walking Club

Newmarket Recreation's social and scenic answer to a healthy body! We're excited to announce that Newmarket Rec is now on board with a national walking club which is gaining new walkers every day! Walking is a great way to build strength and energy. When you become involved in this program, you also build teamwork, morale, and friends. To get involved in this non-competitive walking group, just log onto [www.meetup.com](http://www.meetup.com) to sign up (meet-up times, location, & distances are all on this site) and/or call Carolle Graham 603-659-3065 or email questions to [Karol54@aol.com](mailto:Karol54@aol.com). The current walk schedule is as follows:

- ~ Tues. & Thurs. from Town Hall at 6:00pm
- ~ Also be sure to check website for special activities and walks usually done on Saturdays.

#### Day Trips, Overnights and Theatre Trips Sunrise Sunset Activity Center for 55+

Newmarket Recreation is happy to finally announce the opening of Phase 1 of our Sunrise Sunset Activity Center for our active 55+ population. The center is located at 2 Terrace Drive - the old ambulance building. We would like to thank the Newmarket Housing Authority for funding the majority of the Phase 1 project.

#### Sunrise Sunset Phase 1 includes:

- ~ A state-of-the-art kitchen which will house the Rockingham County Meals on Wheels program.
- ~ A 400 sq. ft. community room which will be used for a variety of programs such as; crafts, cards, congregate & small social networking events.
- ~ A small multi-use private office which will be used for foot clinics, tax help, etc...
- ~ Newly paved one-way easy in & out parking.

#### April 1st – Opening for general programming and operations!

It is our wish to begin general activity programming in the facility in April. We will be sending out a flyer detailing upcoming events including our official "Open House" at the end of March to all our seniors on our mailing list. If you are not sure you are on our senior mailing list - please call with your address. The anticipated hours of operation will be Monday - Friday from 9am - 4pm. Please note: All first time visitors will be asked to fill out a small emergency contact questionnaire.

#### Exeter Hospital Mobile Health Care Services

Newmarket Recreation is excited to announce that Exeter Hospital has chosen Newmarket as a host site for their Community Mobile Health Care Services. On the 3rd Monday of each month, Exeter Hospital Mobile Health Care Services medical van will be on-site from 1pm - 3pm to offer a variety of FREE health screens to anyone who wishes to have a screening done whether it be for cholesterol, blood sugar, blood pressure, and/or whatever screenings they may be focusing on that month. For more information please call the Newmarket Recreation Department @ 659-8581. Also each month, the HealthReach Community Education Department sponsors a Monthly Health Awareness campaign and sends out free literature, which will be available in the Community Center. Educational Campaign for the Fall and Winter months are as follows:

For more information about the HealthReach Community Education events - visit their web-site at [www.foreveryday.com](http://www.foreveryday.com) or call the

Healthreach Information line at 1-800-4-Exeter.

#### Amesbury Playhouse Theatre Line up:

All shows listed below are booked for a Sunday Matinee at Amesbury Playhouse which includes a lunch.

When: Van leaves High School at 11:15am

Cost: \$30 / pp show

\* Tributes may be more expensive - TBA

Deposit: \$15.00/ person per show. Deposit are refundable if you cancel at least 2 wks prior to show.

-  
Feb. 24th God's Favorite - comedy

-  
March 23rd Father Misgivings - entertainer

-  
April 6th Don't Dress for Dinner - comedy

-  
April 20th Tribute to Tom Jones \*

-  
May 4th Lovers & other Strangers - comedy

-  
May 18th Tribute to Neil Diamond \*

-  
June 8th Guys and Dolls - musical

#### Pickety Place - Gourmet Luncheon

Pickety Place is a quaint cottage in the woods surrounded by peaceful gardens. Join us as we go back in time for a delicious 5 course gourmet luncheon. This will be a total sensory experience. There will be plenty of time to visit the rustic gift shop and stroll the gardens after lunch.

When: Wednesday, April 16

Leaving Center at 9:30am

Where: Mason, NH

Cost: \$27/senior (all inclusive)

#### GeoDon - May 19 The "Springfield International Tattoo"

The "Tattoo" is comprised of over 60 Pipers, Drummers, dancers and more from Canada. They have performed at the Nova Scotia International Tattoo, the Queen's Birthday in London and many other locations around the world. A show not to be missed! Lunch before at "Chez Joseph" \$109.00

Please Register ASAP as this is a first come first serve tour.

#### GeoDon Tours Quebec City, Canada, during their 400th Anniversary Celebration!

Depart the Seacoast via a deluxe climate controlled motorcoach to spend 4 days and 3 nights at Chateau Frontenac of Quebec City, Canada. Quebec is the First Settlement of North America and you'll be there to help them commemorate their 400th Anniversary Celebration! The history, the beauty, the culture, art, friendly people and great food await you during this tour. This is a once in a lifetime opportunity!

Three nights at world-famous Chateau Frontenac Hotel which will include a full breakfast each morning; Three dinners at renowned Quebec Restaurants; Tour of Quebec City, Shopping time in Old City, an elevator ride from the hotel; A visit to the Quebec Museum; A visit to Spencerwood Gardens, "Sight & Sound" presentation in the Old Port overlooking the St. Lawrence River; A Universal Pass, allowing admission to all events celebrating the 400th Anniversary; A free day to use the Universal Pass, shop and browse in the Old Walled City. (A more detailed flyer is available at the community Center)

Tour cost: \$899.00 per person, dble occupancy

\$849.00 per person, triple occupancy

\$1199.00 Single

#### TO RESERVE YOUR SPOT:

A deposit of \$100.00 per person is required by April 15th. Checks or Money Orders made out to Geodon Tours. No Cash deposits. Final payment is due 9/1/08. Tour Insurance is available at \$63 per person for a dbl or tpl

#### Collette Vacations & Tours presents

South Dakota-The Black Hills & Badlands, October 1 – 7, 2008

Highlights...1880 Steam Train ĩ Mt. Rushmore ĩ The Journey Museum

Badlands National Park ĩ Wall Drug Store ĩ Crazy Horse Memorial ĩ Custer State Park ĩ Deadwood

7 days, 11 Meals, 6 Breakfasts, 1 Lunch, & 4 Dinners

Pick up a detailed brochure at the Community Center!

Per Person Rates: Double \$1,699; Single \$2,199; Triple \$1,669

Included in Price: Round Trip Air from Manchester Airport-NH, Air Taxes and Fees/Surcharges of \$70 (subject to increase until paid in full), Hotel Transfers

Not included in price:

Cancellation Waiver and Insurance of \$140 per person